
Capel St. Mary Church of England VC Primary School

The Street, Capel St. Mary, Ipswich. IP9 2EG

Telephone: 01473 310386

Email: admin@capel-st-mary.suffolk.sch.uk

Headteacher: Mr Andrew Frolish

“A Place to Learn and Achieve”



With faith as small as a mustard seed, you can move mountains. – Matthew 13 verses 31- 35

Friday 17th July, 2026

Dear Families,

School News!

As we come to the end of another term and another school year, I'd like to say a huge well done to all the children for their hard work and perseverance this year. There have been lots of opportunities for children to learn and grow and so many achievements for us to celebrate. I'd also like to thank parents, grandparents and friends of the school, including lots of volunteers, for your support and encouragement – it makes the school community a wonderful, positive learning environment for the children. Finally, I'd like to give thanks to all our staff members, who work with energy and dedication to give our children the best start in life we can. I hope that everyone has a lovely summer despite the eternal disappointment of the World Cup!*

Our Year 6 pupils and Mrs Goldfinch are saying goodbye to us at the end of term. I wish all the very best to those who are leaving us – I hope all your dreams and aspirations come your way. For those children who will be returning to us in September, I look forward to seeing you soon and to your stories about all your adventures over the summer.

Summer Fayre

I'd like to say a huge thank you to everyone involved in organising and supporting the Summer Fayre. It was another lovely event in glorious sunshine. It was busy and everyone had lots of fun! Thanks to all the staff and governors who helped on the day. Special thanks to Marie and all the members of the PFA and all the other parents who helped out on the day, including Mr Pollikett who ran the penalty shootout. I know it's not easy to pull together a large event like this and you did a wonderful job! On the day, the PFA made a profit of £1,170, which is an incredible sum of money. I was particularly impressed with the performances of the choir and dancers – you all showed lots of skills and courage! Many thanks to CDC Dance and Jigsaw Dance Creationz. It was lovely to see lots of people from the Capel Community, like the Parish Council, police and the Allotment Society, making this a real village event. A special thanks to John from Capel Castles for £292 sponsorship of the event!

Picture News

Throughout the year, we have used Picture News, which is linked to current affairs, during class assemblies in school to broaden children's horizons and start discussions. At the end of the school newsletter, I have copied an end-of-year letter from Picture News, reminding children of events, news stories and themes that have been covered this half term. The children may be able to remember and talk through these with you at home.

Parent Survey

We would love to hear your views about this year. Please look out for an email from Welbee with a link to an end-of-year survey. The link is unique to you, so it can't be shared and you can only respond once; however, the responses are completely anonymous and we will not be able to identify who has responded. So, please look out for a link from the Welbee platform shortly – if you see an email from them, please be reassured that it is a trusted source. You do not have to respond to the survey but it would be good for us to gather as many views as possible. Many thanks in advance!



Diocese of
St Edmundsbury & Ipswich



Suffolk County Council

Julia Grainger – Interim Assistant Director for
Education Skills and Learning

Sports Days

I really enjoyed our Sports Days this year. After some fun dancing, the children took part in lots of races and three field events: vortex howler throw, target throw and standing long jump. I was really impressed by the super-fast sprinters and the amazingly resilient long-distance runners. Well done to all the children who took part. I hope everyone had lots of fun. The children gathered points for their class teams through their rapid racing and fabulous field events. This year the winning teams were:

Unit 2 – Hedgehogs

Unit 3 - Stoats



Football Match

Well done to our Unit 2 football team. Recently, we hosted Tattingstone School at Capel for football match. Players from both teams played with great spirit and gave it their all. Our players were brilliantly organised and showed lots of skill with their dribbling, passing and shooting. They scored some spectacular goals! Well done boys! Many thanks to Mr Stockdale and Mr Banks, who came from Capel Plough Football Club to help on the day and to support the boys' preparation. Also, thanks to Mr Skingley, who has practised football with the children and helped select the team.



Quadkids

Teams from Unit 2 and Unit 3 attended Quadkids recently. Quadkids is an exciting annual athletic event held in Ipswich and attended by lots of school. The children displayed their great sporting talents and also supported each other really well. Our Unit 2 team came 16th out of 40 teams and our Unit 3 team came 13th out of 40. What fabulous results!



Unit 3 Tourism Exhibition

This week, the children in Unit 3 had an exhibition of their homework where they became Tourist Advisors and had to sell their dream holiday to Unit 3 parents who voted for the best holiday (there were prizes)! There was also an amazing display of the Year 6's maths project to design and build their own city. The city-scapes were incredibly detailed and fascinating to look at. Well done to all the children and thanks to all the parents, grandparents and friends who joined us.



Royal Ballet – Live Dance Event

Recently, the children in Key Stage 2 (Years 3 – 6) participated in a live session with the Royal Ballet and Opera schools programme Dance for Rights. They joined with other Key Stage 2 children across England to take part in a mass event to recognise the United Nations Convention on the Rights of the Child. This included three preparation lessons in which the children learnt about the UNCRC and developed their dance skills and use of technical vocabulary. The event lasted two and a half hours and was thoroughly enjoyed by the children.



Uniform

During the holiday, you may be planning to buy new school uniform items. A reminder of the school uniform is below. Please remember to name items of clothing clearly as we do get a lot of lost property. Also, please remember that branded football shirts are not part of the school uniform for PE Days.

Daily uniform

- Grey trousers, grey shorts, grey knee length skirt, grey pinafore, blue checked dress, blue checked shorts and top combination (cycle shorts under skirts and dresses are not permitted – if your child wishes to wear shorts they must be part of the uniform choices stated above)
- White polo shirt with or without the school logo
- Royal blue sweatshirt or cardigan with or without the school logo
- Grey socks, white socks (girls), grey tights
- Black shoes (not trainers or boots)
- Hair bands - if your child wears a hair band please could you make sure that this is the same colour as the blue of the school uniform and not too large.

PE:

- Indoors

- Black shorts
- Pale blue polo shirt with or without the school logo
- EYFS/KS1 plimsolls
- KS2 trainers
- PE kit must be in a drawstring bag

- Outdoors (in addition to the items outlined above)

- Plain tracksuit or jogging bottoms and sweatshirt – preferably navy blue (not their school sweatshirt)
- KS1 outdoor trainers

Headteacher Awards!

It is always delightful to share the children's work with them. For the final time this year, here are some children who have worked so hard and produced work that they can be really proud of. Since the last newsletter, Headteacher's Awards have been given to:

Harriet (Reception) for art work

Noah (Reception) for art work

Elodie (Reception) for art work

Rupert (Reception) for art work

Mollie (Year 1) for writing

Rory (Year 1) for writing

Leo (Year 1) for writing

Beatrice (Year 1) for writing

Penelope (Year 1) for writing

Chloe (Year 1) for writing

Jaxon (Year 2) for being helpful and kind

Next Year

Tuesday 1st and Wednesday 2nd September are training days for school staff. The first day back for the children is Thursday 3rd September. We look forward to seeing all our new children and returning pupils on the 3rd when we can share all our stories and adventures from the summer. Once again, I hope everyone has a restful, relaxing, happy, healthy summer. Take care, children – we'll see you soon!

*Mr Frolish not enjoying the World Cup...





LETTERS

from  Picture News



July 2026

Hello!

You've made it to the end of Summer 2! Hope this half term has gone well for you – it's always a busy one, isn't it? As we unwind and prepare for the big break, let's recap on the recent news children have learned from, and think about how we can help our children keep safe online over the summer.

News Recap



"Special" What can football teach us about the world?

June 2026

To celebrate the biggest-ever World Cup in the US, Mexico and Canada, this resource explored what football teaches us about people and places in the world. Children discussed why countries want to host the tournament, and what football shows us about cultures, teamwork, respect and diversity.



Is technology changing childhood?

15th June 2026

With the launch of Toy Story 5, this pack focused on the film's plot about the impact of technology on childhood. Children reflected on how toys and children's pastimes have changed, and the importance of imagination, creativity, and spending time together whilst using screens responsibly.



How much should the weather influence our decisions?

29th June 2026

This resource looked at the El Niño climate pattern, and how it affects weather all over the world. Prompted by news of El Niño returning, children learned how meteorologists track weather, and considered how we can thoughtfully prepare for different types of weather.



What makes something popular?

6th July 2026

News of the viral dumpling squishies and discussions around their suitability and popularity with children was this resource's focus. This inspired conversations about how we can ensure the squishies are safe to play with and how toys can become a trend.



Thank you, Digital Ambassadors

This year we launched our brand-new Digital Ambassadors programme, where Picture News schools share how they're learning about the news with the resources on their social media platforms.

We've seen some incredible posts from our ambassadors - from showcasing their brilliant pupil-led sessions, to sharing their eye-catching news displays.

If you're interested in becoming a Digital Ambassador next year, tap the button on the right.



BECOME A DIGITAL AMBASSADOR 

Exploring the Amazon Rainforest

With our special guest!



Alongside Oddizzi, creators of geography resources and videos for schools, we welcomed thousands of children across the country to explore the Amazon Rainforest!



We were thrilled to be joined by Chumpi Washikiat during his visit to the UK, a respected elder and leader of the Achuar Indigenous Nation in Ecuador. Chumpi told us all about what life is like in one of the world's most extraordinary rainforests and why the Amazon means so much to his community.

Children thought about why we can all play a part in protecting the Amazon, and made their own pledge to help protect the rainforest.

RE-WATCH THE AMAZON RAINFOREST LIVE ASSEMBLY WITH CHUMPI HERE!

Media Literacy Summer Skills



As we prepare for the summer break, children may be spending more time online over the holidays. To help them make sense of the content they may encounter, you might like to go over some key Media Literacy skills before the end of term.

If you're a Picture News school, you'll find the Media Literacy slide in your weekly packs. They're great to embed media skills and exploration each week!

For some extra activities which focus on the 4 key skills – analyse, evaluate, research, act – tap the button below.



Media Literacy Activity Pack

Big World Cup Primary Party!

Talk about an end of year party! We welcomed children around the UK and beyond for a special live assembly inspired by the World Cup! Ahead of the final, we celebrated the excitement of the tournament whilst reflecting on the highs and lows of the school year.

The children shared some incredibly insightful thoughts as we discussed what football can teach us about teamwork, resilience, pride, disappointment and belonging.

Thanks for joining us!



CATCH UP ON YOUTUBE



See you next time

What a year it's been! From celebrating our 10th birthday, to hosting our biggest-ever live assembly about Sir David Attenborough, and hosting the Big School Workout with Joe Wicks – it's been a jam-packed year.

On behalf of the whole Picture News team, we really hope your school has enjoyed everything we've shared this year and that it's been useful for you! Thank you so much for your continued support – we're so honoured to help you build your pupils' understanding of the world.



Academic Calendar 2026 - 2027



If you're looking to get organised for September, we've produced the brand-new academic calendar for 2026-2027.

It includes all the key dates and events coming up, along with space to add your own notes. A great way to plan topical lessons and activities inspired by what's happening in the world.

You'll find the calendar on your Picture News Members Area, or you can request it for free below.

GET THE 2026 - 2027 ACADEMIC CALENDAR

The summer holidays are just about here, making this the last edition of Letters from Picture News for the school year. I'll be back in touch ahead of October half term with your next newsletter.

In the meantime, head to our social channels to keep up with all-things Picture News. We'll be sharing useful content over the holidays, so be sure to give us a follow so you don't miss anything. 😊

Hope you have a fabulous summer and a very well-deserved break!

Take care,

Katie, Editor
katie.n@picture-news.co.uk

